



Saratoga County Office for the Aging

April 2016

The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

FRIDAY, MAY 20, 2016

**SAVE THE
DATE**

Saratoga County Senior Citizens' Annual Spring Luncheon
At the Saratoga Springs City Center
522 Broadway, Saratoga Springs



Theme: Birthday Party

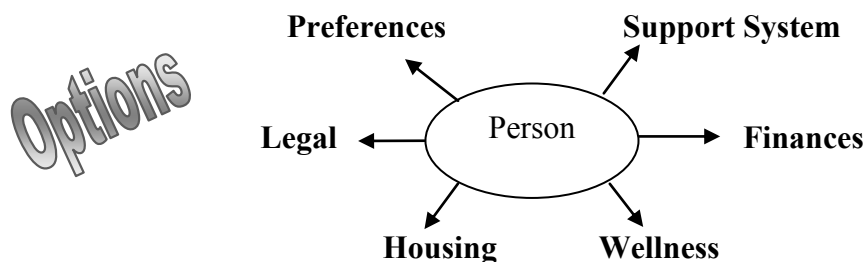
NY Connects is a key component of the State's effort to improve systems of long term services and supports. The program is supported with funds and guidance from New York State Office for the Aging.



What does the NY Connects program do?

We provide free, unbiased, up-to-date information on options available in our community that allow people to live as safely and independently as possible. We are a resource center for older adults and individuals of all ages with disabilities, as well as caregivers.

We connect with people in a variety of ways; telephone counseling, office appointments, professional providers, home visits, family meetings, and through public education events. We help individuals plan for their future by exploring options that are available to them.



What to expect when you contact NY Connects?

- We will ask your name, if you are a caregiver, and the person's name you are calling about. We will ask general questions about social, medical and financial status to help us narrow options for your geographic location and circumstances.
- Information discussed remains confidential. We do take notes during calls. This allows us to review topics discussed during future calls. It also allows us to understand popular areas of need and solutions in our community.
- We offer application assistance to ease the stress of completing forms.
- We offer to forward materials in the mail or email to summarize topics discussed.

Call NY Connects at 518-714-4826 or email us at NYConnects@saratogacountyny.gov

From our Dietician:

Eggs and Cholesterol

Recommendations from the 2015 Dietary Guidelines regarding our intake of eggs have lightened however does this give us a green light for an unlimited intake of eggs and egg dishes? Previous Dietary Guidelines for Americans put a 300 mg restriction on daily cholesterol intake however this was dropped in 2015 with reports stating that cholesterol was no longer a nutrient of concern. One large egg has about 200 mg of cholesterol.

Looking at the Dietary Guidelines Advisory report in conjunction with guidelines from the American College of Cardiology and American Heart Association, less focus is now being placed on single nutrients such as cholesterol and more emphasis on overall eating patterns such as Dietary Approaches to Stop Hypertension (DASH) and the Mediterranean diet. These well researched eating patterns naturally contain lower cholesterol.

It is easy to think that by eating foods high in cholesterol this will in turn increase our blood cholesterol levels however, this equation is not that simple and research is suggesting that it is really a weak link for most people. Results pooled from 17 studies on the relationship between eating cholesterol and blood cholesterol levels concluded that for every additional 200 mg of cholesterol consumed, the LDL (bad) cholesterol in the blood only increases by 4 points. A recent twelve year study concluded in 2015 that daily egg consumption was not associated with the risk of stroke or heart attack.

A stronger link between consumption of cholesterol in the diet and heart disease has been demonstrated among people with diabetes however. Studies from 2004 and 2009 did show a 37% increase in developing heart disease among women with diabetes when 200 mg cholesterol per 1000 calories was consumed. One of these studies showed that daily egg consumption was associated with a 77% increase in developing Type 2 diabetes. These earlier studies led to conclusions in 2013 that daily egg consumption may be linked to increased risk of type 2 diabetes among the general population and cardiovascular disease among people with diabetes.

Given these studies the best advice is to eat eggs in moderation. For healthy adults that is about 1 egg per day on average and for those at high risk for developing type 2 diabetes limiting eggs to 4-5 per week. Focus on adapting a healthy eating pattern such as the DASH or Mediterranean diet instead of on single nutrients such as cholesterol. As indicated, these eating patterns are naturally lower in cholesterol and saturated fat. These eating styles reduce processed and red meats and emphasize fruits, vegetables, fish, legumes, nuts, whole grains and plant based oils such as olive oil.

**Tired, anxious or
in pain?
Discover fresh,
practical ways to
live better &
healthier.**

Living Healthy 6-Week Workshop

Thursdays 1:30pm-4:00pm
April 14th, 21st, May 5th, 12th, 19th, 26th
Malta Community Center
1 Bayberry Drive
Malta

Participants will receive a FREE Living Healthy Book and Relaxation CD

**REGISTER NOW!
FREE to ATTEND
Call
518-884-4110**

Get access to your personal health information using Medicare's Blue Button

This feature lets you download 12-36 months of claims information for Part A and Part B and 12 months of claims information for Part D. This information can help you make more informed decisions about your care and can give your health care providers a more complete view of your health history.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested

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Permit No. 5

*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

AARP Volunteer Tax Preparation

There is still some time left and appointments available before your taxes need to be filed. The deadline to file is Wednesday, April 15. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. **Please call one of the following locations for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Clifton Park-Halfmoon Library	Mondays	371-8622
Halfmoon Senior Center	Tues., Wed., & Thurs.	371-3892
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays	664-7877
Mechanicville Library	Mondays & Saturdays	664-4646
Moreau Community Center	Wednesdays	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Monday thru Friday	383-1343
Southern Saratoga YMCA (Clifton Park)	Thursdays	2-1-1

Please be sure to bring:
Your Social Security Card,
A Photo ID
A Copy of your 2014 Tax Return

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for
May 2016.

Waterford Senior Center	10:30am to 11:30am	May 17, 2016
Doubleday Woods	10:00am to 12:00pm	May 26, 2016

Need Help Paying for Medicare?

Representatives from OFA will be available at the Health Screening listed above to assist you or you may call 884-4100 to see if you qualify.